



Mediterranean Rockin' Roasted Vegetables in Cool Cucumber Boats

Makes: 8 Servings

"I love to go sailing with my grandpa in Sturgeon Bay, WI, and thought of him with this recipe," says Anna. "I am using the cucumber as an edible boat filled with flavorful ingredients, such as roasted vegetables, beans, herbs, and spices. My family also cares a lot about eating healthy to prevent heart disease and cancer. This Mediterranean-inspired recipe does just that. We serve my recipe with healthy homemade whole-grain pita chips and a side of berries. Yummy!"

Ingredients

1/2 pound fresh asparagus, cut into 1-inch pieces

1 cup red bell pepper, cut into 1/2-inch pieces

1 cup yellow bell pepper, cut into 1/2-inch pieces

1 small red onion, peeled and diced




1/4 cup olive oil

Nutrition Information

Nutrients	Amount
Calories	294
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	8 mg
Sodium	387 mg
Total Carbohydrate	44 g
Dietary Fiber	9 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	14 g
Vitamin D	0 mcg
Calcium	134 mg
Iron	3 mg
Potassium	655 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	2 cups
 Grains	1 ounce
 Dairy	1/4 cup

8 ounces whole-wheat orzo

1/2 cup grape tomatoes, quartered

1/4 cup Kalamata olives, pitted and quartered

1 (15-ounce) can great northern beans, drained and rinsed

1 cup cooked, shelled edamame

3 canned artichoke hearts, diced

1/4 cup fresh lemon juice

1/4 cup fresh key lime juice or regular lime juice

2 teaspoons Dijon mustard

1 teaspoon fresh rosemary, chopped

1 garlic clove, peeled and minced

1/2 teaspoon salt, plus more to taste

1/2 teaspoon pepper, plus more to taste

4 cucumbers, halved lengthwise and seeded

1/2 cup crumbled garlic and herb feta cheese

Directions

1. **Preheat the oven to 425° F.** On a large baking sheet, combine the asparagus, red and yellow bell peppers, and red onion and toss with 2 tablespoons olive oil to coat. Spread the vegetables in a single layer. Sprinkle lightly with salt and pepper to taste. Roast for 20 minutes, or until softened. Let the vegetables cool for 15 minutes.
2. **Meanwhile, in a medium stockpot,** cook the orzo in boiling water for 7 minutes, or until tender. Drain and transfer to a large bowl.
3. **Add the roasted vegetables to the orzo.** Add the

grape tomatoes, Kalamata olives, great northern beans, edamame, and artichoke hearts.

4. **In small bowl**, whisk together the remaining 2 tablespoons olive oil, the lemon juice, lime juice, Dijon mustard, rosemary, garlic, ½ teaspoon salt, and ½ teaspoon pepper. Drizzle over the roasted vegetable-orzo mixture. Spoon into the seeded cucumbers and sprinkle with feta cheese. Serve with homemade whole-wheat garlic pita chips. Enjoy!

Notes

State: Wisconsin

Child's Name: Anna Ganser, 10

Source: The 2015 Healthy Lunchtime Challenge Cookbook